



news and information
for employees of the
city of Saint Paul

City Update

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December 29, 2000

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begins enrollment in late
January

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City Update

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New academy is A+

It's like no high school you've ever seen before. It might be just right for your kid, and enrollment is open now.

Imagine a school where students create their own personal learning plans so that their special interests are part of their educational experience. Students get individual attention in smaller size classrooms. They have their own computer and their own personal workspace.

Then, imagine a place where learning reflects the real world of work, tying what students learn today with what they'll use in tomorrow's workplace. They have access to business mentors and leaders. They explore career paths through internships and field trips. Science, math, social studies, language arts — virtually every subject comes alive in new ways.

Whether your kid dreams of starting his or her own business, wants a full-time job right away or is college-bound, this high school can help make it happen. It's Minnesota Business Academy, located right in downtown Saint Paul.

Business leaders, who remain actively involved in curriculum, fund raising and other volunteer activities, designed the school. Students come

The marquee of the Palace Theater lit up Downtown's Seventh Place for the first time on Thursday, Dec. 21st at a ceremony honoring its opening next month, when "Flanagan's Wake" will play there beginning January 21st.



from throughout the metropolitan area and surrounding communities. They speak a variety of languages from Russian and Chinese to Spanish and Finnish.

They are integrating what they love into what they learn. One young woman, for example, who has a passion for dancing, is writing a business plan for a dance studio. Another young man is exploring a graphic arts career with a hands-on internship in a graphic arts firm. Still others are meeting creative entrepreneurs like restaurateur Leeann Chin and business owner Dale Bachmann.

Former Lieutenant Governor Joanne Benson is heading up the

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Workers in City Hall were blessed with songs of unity and the Holiday season from First- and Third-Grade students from Saint Paul's MIT charter school. About 30 singers performed some 20 songs and chants over the lunch hour on Thursday, December 14th.



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Places to go. Things to do.

ilovesaintpaul.com

HealthPartners Research Foundation

HealthPartners has a strong commitment to improving health and health care, both for members of HealthPartners and the community. One way they help fulfill that mission is through their support of health-related research at the HealthPartners Research Foundation. Many of their recent projects concern preventive health care. An underlying theme is that healthy behaviors are an important component of good health, including a healthy diet. In this and future issues of City Update, we will present the results of various research studies. The first is:

Preventing Osteoporosis

Osteoporosis causes more than a quarter million hip fractures and over half a million vertebral fractures every year. Over 80% of those afflicted by the disease are women, especially post-menopausal women whose bodies produce less estrogen. About 40% of women age 50 and older have a lifetime risk of some sort of fracture.

A recent HealthPartners study involving 500 post-menopausal women examined the impact of osteoporosis education with and without bone mineral density (BMD) screening. All of the participants

attended a workshop on prevention of osteoporosis. Half of the women also received a peripheral BMD, which estimated the extent of bone loss. This study assessed if osteoporosis education with or without BMD testing encourages women to make lifestyle changes and/or start pharmaceutical treatments.

Most of the women participating in the study were already knowledgeable about osteoporosis. A high percentage correctly identified that both men and women can develop osteoporosis, that estrogen can protect against bone loss, that having a mother or grandmother who experienced loss of height has implications for their future bone health, and that active women tend to have higher bone density.

In a follow-up survey conducted six months after the education and BMD testing, over half of the women had modified their diet, increased exercise, and increased calcium intake. Those whose BMD test indicated that they were at risk for osteoporosis were significantly more likely to begin pharmaceutical therapy, such as hormone replacement therapy and newer drugs such as alendronate and raloxifene.

The study emphasizes the importance of osteoporosis education and the potential benefit of BMD testing for female patients.

Research team from HealthPartners: Sharon J. Rolnick, PhD, MHP; Lucy Rose Fischer, PhD; Richard Kopher, MD; Jody Jackson, BA; Renee Compo, WHNP. Merck: Tom Abbott, PhD. Funding: Merck & Co.

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school with a staff of talented teachers. They welcome parents and students who want to learn more about this high school and see it in action.

Enrollment is now open for the second semester that begins January 29, 2001. If you have a high school age student, see the school's web site at www.mnbusinessacademy.org or call the school for more information at 651-726-2100.

Better yet, visit the school in action during Visitors' Day on January 10, 17 and 24. A special after-school Open House will also be held on January 10, from 4 p.m. to 7:30 p.m. Take a tour, talk to staff and students, and see if this high school gives your teen a jump-start on the future.

City job openings as of December 29th, 2000

Application deadline	Job title	Bi-weekly or hourly salary rate	Exam date
Open	Architect I BOE	\$1543.14	See Job Ann
Open	Architect II - BOE	\$1736.21	See Job Ann
Open	Clerical Assistant (part-time)	\$9.00 per hr	See Job Ann
Open	**Food Service Assistant (part-time)	\$9.01 per hr	See Job Ann
Open	Food Service Helper (part-time)	\$8.00 per hr	See Job Ann
Open	IS Information/Technical Analyst I	\$1201.32	See Job Ann
Open	IS Information/Technical Analyst II	\$1397.98	See Job Ann
Open	IS Information/Technical Analyst III	\$1550.12	See Job Ann
Open	IS Systems Support Specialist I	\$1085.87	See Job Ann
Open	IS Systems Support Specialist II	\$1148.08	See Job Ann
Open	IS Systems Support Specialist III	\$1397.98	See Job Ann
02/13/01	Police Officer/Police Trainee	\$1456.14/\$10.00 per hr	02/22/01
Open	Recreation Leader (permanent/part-time)	\$8.81 per hr	See Job Ann
01/02/01	Security Monitor - BOE (permanent/part-time)	\$954.22	01/11/01
01/03/01	Vehicle Mechanic (Heavy Truck & Equipment)	\$20.72 per hr	See Job Ann
01/08/01	Video Production Technician (permanent/(part-time)	\$14.30 per hr	See Job Ann

** This is a walk-in-examination. Do not submit a job application before the test.

Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: 651-266-6500 (TTY/TDD 651-266-6501) or visit the web site: www.ci.stpaul.mn.us/jobopenings. For jobs announced after December 21st, please call our 24-hour job line, 651-266-6502.